

Focus On Men's Health

Talk To Your Doctor

(NAPSA)—Each year, millions of us look to the coming year and reflect on the changes we want to make in our lives. Many men focus on their health: Eat more vegetables. Increase exercise. Stop drinking or smoking. But few men think about sexual health.

ED can be a window to your overall health.

You might not be aware, but your sexual health can offer a view of how the rest of your body is functioning. Oftentimes, sexual health conditions such as erectile dysfunction (also known as ED, which is the inability to have or maintain an erection) can be caused by underlying health issues such as high blood pressure, diabetes and depression. In fact, these common conditions account for a large majority of ED cases.

While it can sometimes be embarrassing to discuss, if you've experienced erection problems, you should know that you're not alone. More than half of men over 40 have ED to some degree. And remember, ED not only affects you, but it can also impact your relationship with your partner, which provides an even more compelling reason to seek treatment.

The good news is that ED is a treatable condition, including for those with only occasional or those with more severe problems. More than 27 million men in the U.S. have already received treatment to improve their sexual health.

Although talking about these issues can sometimes be an over-

Tips to help you achieve your resolution all year:

- Evaluate your sexual health
- Talk to a doctor
- Celebrate your success



whelming task, it is important for you to talk with your family doctor or a specialist about any problems you are having. If you don't have one you trust, make finding one your number-one resolution—a local resource called the Men's Sexual Health Referral Network is available to help you find a physician or counselor. Visit www.sexualhealthdoctors.com to get a list of specialists in your area.

Once you get to the doctor's office, you might say "Doctor, my performance in the bedroom isn't what it used to be. Any idea what might be happening?" Your doctor will take things from there and you'll be on your way to better health.

Make this year different—and keep that resolution.

Surveys show that 67 percent of people make three or more resolutions. Making the resolution is the easy part...now you've got to stick to it! But there's hope...63 percent of people generally keep their resolutions.

Men, do yourselves a favor this year and resolve to pay closer attention to your health—it's a decision that will benefit you and your loved ones for years to come.